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CRITICIZING THE PARENTING SKILLS
OF MOTHERS HAS BECOME
A SERIOUS ISSUE PAGE 13

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Monday, May 28, 2012

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SOGGY PICNIC, NO PROBLEM

Aiden Carter, 3, and her teddy bear, Mike, dressed for the rainy weather and took in all the excitement of the 26th annual Teddy Bears' Picnic at Assiniboine Park Sunday. SHANE GIBSON/METRO

Lost siblings recovered

Media reports say Winnipeg brother and sister have been found in Mexico PAGE 4

Nude attacker shot dead

Miami police take down man who witnesses say was chewing on victim's face PAGE 8

Feds stepping into rail strike

Government set to introduce back-to-work legislation on Monday for CP workers PAGE 9

Marvellous mushrooms

They're great on a burger or a sandwich PAGE 14



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Soggy fun for families and bears alike

Bearing the weather.
Families brave the rain for Teddy Bears' Picnic

 SHANE GIBSON
shane.gibson@metronews.ca

Clouds and rain couldn't dampen the good times at the Children's Hospital Foundation of Manitoba's annual Teddy Bears' Picnic.

Hundreds of families with umbrellas over their shoulders, rubber boots on their feet, and teddy bears in tow made it out to Assiniboine Park on Sunday for the 26th edition of the event.

"Winnipeg is such a hearty city," said Maria Lee, communications man-

ager with the foundation. "It doesn't matter if it's raining or blowing wind — people will always come to the Teddy Bears' Picnic."

Marin Richards brought her giraffe, Heart, all the way from Fisher Branch to see doctors at the Dr. Goodbear Clinic about a broken leg.

"Heart's getting better now," said the seven-year-old, pointing to the fresh cast on her friend's leg.

Marin's twin sister, Milla, has her own surgery coming up, and Lee says medical appointments can be a lot easier for kids after bringing their bears to the Teddy Bears' Picnic.

"It's a little less of a scary experience," she said. "If they ever have to go to the hospital, they've already seen how we take

Pediatric research
The Teddy Bears' Picnic supports pediatric research at the Manitoba Institute of Child Health and helps pay for equipment and programs at the Children's Hospital.

care of their bear, so they know they're in good hands."

All proceeds from the picnic go directly to the Children's Hospital Foundation of Manitoba.



For more local news visit metronews.ca/winnipeg



Marin Richards, 7, and her giraffe, Heart, travelled all the way from Fisher Branch for this year's Teddy Bears' Picnic held on Sunday. SHANE GIBSON/METRO

Memorial to Pine Street heroes complete



Clifton School Grade 5 student Felipe Vargas, 11, left, helps Charles Clarke, 17, unveil a plaque honouring Clarke's great-great-uncle, Acting Cpl. Leo Clarke, at the Valour Road Commemorative Plaza on Sunday. SHANE GIBSON/METRO

Plaques honouring the three soldiers from Winnipeg whose heroic actions during the First World War forever changed the name of their West End street were unveiled over the weekend.

The installation of the bronze plaques officially completes the Valour Road Commemorative Plaza, originally built in 2005 to honour Acting Cpl. Leo Clarke, Lt. Robert Shankland, and Company Sgt.-Maj. Frederick William Hall, who all received the British Commonwealth's highest award, the Victoria Cross, for their acts of valour in battle.

All three men hailed from the same block of what was then known as Pine Street, and is now called Valour Road in their honour.

"This memorial rivals any in this city," said Coun. Harvey Smith at a formal dedication and ceremonial parade held at the memorial at the corner of Valour Road and Sargent Avenue Sunday afternoon.

Smith was joined by Manitoba Minister of Justice and Attorney General Andrew Swan and descendants of the soldiers to mark the occasion.

The plaques were paid

Award winner

The Valour Road Commemorative Plaza is designed in the shape of the Victoria Cross and won a regional design award from the Canadian Society of Landscape Architects in 2006.

Source: City of Winnipeg

for by the fundraising efforts of a number of groups, private donations, and funding from the City of Winnipeg.

SHANE GIBSON/METRO



NEWS

On the web

The proposal heard round the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. After posting his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed close to two million times, received international attention and been called the "greatest marriage proposal ever." Watch him get his girl at metronews.ca.

Mobile news



What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

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Missing 'Peg siblings found in Mexico

Long wait. Children were abducted in 2008 during court-ordered visit with father

 **BERNICE PONTANILLA**
bernice.pontanilla@metronews.ca

Two Winnipeg children at the centre of a high-profile child-abduction case have been located in Mexico, local media report.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were seven and six, respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg police have worked hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children.

On Saturday, police issued a media advisory stating that they have been involved in a lengthy investigation with Mexican authorities and "significant developments" occurred on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

Mexican newspaper Milenio said a Guadalajara man named "Armando" saw a television news report that mentioned the missing children, kids who bore a striking resemblance to two children who for the previous couple weeks had been living in a home in the area of Jardines de los Puentes (Bridge Gardens) in Zapopan.

Armando said he contacted local police and federal authorities, but no one listened to him, so he was put in contact



Abby and Dominic Maryk

CONTRIBUTED

with Juan Manuel Estrada, who heads the FIND Foundation, a group that helps locate missing people in Mexico.

Estrada contacted Interpol Mexico, which found the two children, their father and a cousin, identified as Cody McKay, also from Winnipeg.

Milenio also stated the home was equipped with security cameras and barbed wire, and inside of the home, pornographic materials and drugs were seized.

Investigators are now working to determine if there was sexual exploitation.

There have been no reports yet of a reunification between Cablek and her children.

Follow Bernice Pontanilla on Twitter @MetroBee



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Roblin Boulevard

Convenience store robbed

Police are looking for two suspects after a convenience store in the 3500 block of Roblin Boulevard was robbed early Sunday morning.

Officers were called to the store around 3:50 a.m. after two male suspects entered the business, confronting an employee. The men fled with an undisclosed amount of cigarettes, and the employee was not injured in the incident.

METRO

Firearms

Suspects arrested in robbery spree

Winnipeg police say they've ended a two-week spree of armed robberies at businesses throughout the city with the arrest of two suspects.

Police allege one man and a teen were responsible for eight commercial robberies starting with a business on May 2. In all incidents, police say the suspects wore disguises and confronted employees with a firearm, demanding cash and cigarettes. METRO



A trolley good day to you too

Trolley bus co-owner Benjamin Gillies stands next to Winnipeg's first heritage trolley on Friday at The Forks. The Winnipeg Trolley Company unveiled its colourful bus, which is a vehicle designed to replicate the original Winnipeg streetcars, but will run on tires rather than an electric rail. The trolley bus is available for weddings and guided historical tours, and is Manitoba's first heritage trolley. For more information or to book the trolley bus, go to winnipegtrolleycompany.com. DAVE BAXTER/FOR METRO

Big Blue. Lottery pays off for Transcona couple

A Transcona couple won the inaugural \$100,000 grand prize in the Winnipeg Blue Bombers scratch lottery only weeks after it was introduced.

The winners, Mike Stratychuk and his fiancée, Tracey Glowacki, were introduced at the Blue and Gold Room Friday. Stratychuk says he received two Bombers scratch lottery tickets as a birthday present

from his fiancée's mother. He scratched one right away, but left the second one for later. Hours after, when he scratched the second one, he couldn't believe what he saw.

"I got about halfway though scratching and thought, 'This can't be right,'" said Stratychuk. "We went over the rules five times, and then ran to 7-Eleven in our pyjamas and it said

major winner and I couldn't breathe."

The couple live in Transcona. Stratychuk drives a truck for all All Rig Towing, while Glowacki works at the Health Sciences Centre. When asked what he will do with the money, Stratychuk admitted that half of it has already been spent.

"Half of it is gone. I bought myself a brand new Ram. I have

never had anything new in my life. The rest we will put away and we will be smart with it."

They also purchased Bombers season tickets. Bombers CEO Garth Buchko says an early grand-prize winner is good for the lottery's prospects.

"Most people think, 'I'll never win,'" said Buchko. "It shows that there is that possibility." DAVE BAXTER/FOR METRO

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Vancouver trekker, entrepreneur recalls deadly mountain climb

Everest. Since a doctor gave him two years to live in 2006, Steve Curtis has devoted himself to serving others

A Vancouver entrepreneur is looking forward to his next challenge after braving a deadly weekend atop the world's tallest peak.

Steve Curtis dreamed of climbing Mount Everest for more than five years before finally achieving his goal on May 19, the same weekend when five people died, including Canadian Shriya Shah-Klorfine.

"We saw the bodies of other people who had died on the way up," Curtis said Sunday, a day after arriving back from his exhausting trip where hundreds of climbers scrambled to reach the 8,848-metre peak in a limited window of good weather.



Steve Curtis stops for a breather during his two-month climb up Mount Everest. CONTRIBUTED

Fellow climber and Spanish doctor Juan Jose Polo Cabayo shared base camp with Curtis and was among those who died that day in the "death zone," an oxygen-depleted stretch of tumultuous terrain above 8,000 metres.

"The wind's blowing like crazy, the tent's shaking, we're concerned about our oxygen," Curtis said. "An hour or so passed. We asked where Juan was. They said, 'He's dead.' It must have been four or five times we asked.

We had just seen him." Curtis estimates five or six bodies from years past still lie in the death zone, serving as reminders of the dangerous conditions on Everest.

"If you were dropped off at the summit of Everest, you'd

last about two minutes," he said.

To prepare for the climb, Curtis and fellow climber Sam Wyatt spent two weeks doing high-altitude treks before arriving at the Everest base camp, in addition to months of rigorous training.

After he was diagnosed with a rare form of lymphoma in 2006 and given two years to live, Curtis chose to devote himself to serving others. He has since become an advocate for Take a Hike, a non-profit organization that engages at-risk youth with a combination of therapy, academics and adventure-based learning. He has already raised \$59,000 towards a \$150,000 fundraising goal with his Everest trek, with the hope of expanding the program to other North American cities.

"I'm currently accepting suggestions for the next challenge," he said, encouraging people to contact him on Facebook and to donate at adventuretoadvance.org.

DANIEL PALMER/FOR METRO

Dangerous conditions

Recovery of climber's body delayed

Climbers might have to wait until October to retrieve the body of a Toronto woman who died after reaching the summit of Mount Everest.

Climbing ropes to the ice pole will be temporarily removed in three days due to dangerous hiking conditions.

The Sagarmatha Pollution Control Committee decided to suspend all climbs on Everest after May 30 due to harsh weather conditions resulting in many avalanches.

Shriya Shah-Klorfine, 33, died a week ago after collapsing from exhaustion and altitude sickness.

TORSTAR NEWS SERVICE

Lighthouse. Community fights for maritime icon

For 35 years, Judy Dauphinee has looked out her window and onto one of the country's most recognizable maritime icons.

With her home resting on a crest of granite and grass at the water's edge, the longtime resident of Peggy's Cove, N.S., has enjoyed its breathtaking views since moving into the community at age 21.

But Dauphinee, whose family runs the cove's restaurant, is worried about the fate of the lighthouse that has guided fishermen and sailors since 1868, and become a symbol of

the region's rich seafaring history.

She and the 35 people who live in the tiny shoreline community fear they could lose the beacon and see it replaced by a light pole after Ottawa deemed it and more than 500 other lighthouses surplus in 2010.

Groups across the country have until Tuesday to file a petition with Parks Canada to have the surplus lighthouses declared heritage properties, which could spare their destruction and transfer them to private interests. THE CANADIAN PRESS

Ottawa

Man dead after lightning strike

An 18-year-old man who was struck by lightning in Ottawa has died.

Joel Gauthier was out riding his bike with a friend on Friday when a storm swept through the city.

The pair had stopped under a tree to put on some rain gear when lightning struck.

Gauthier went into cardiac arrest and was knocked unconscious.

He later died in hospital. THE CANADIAN PRESS

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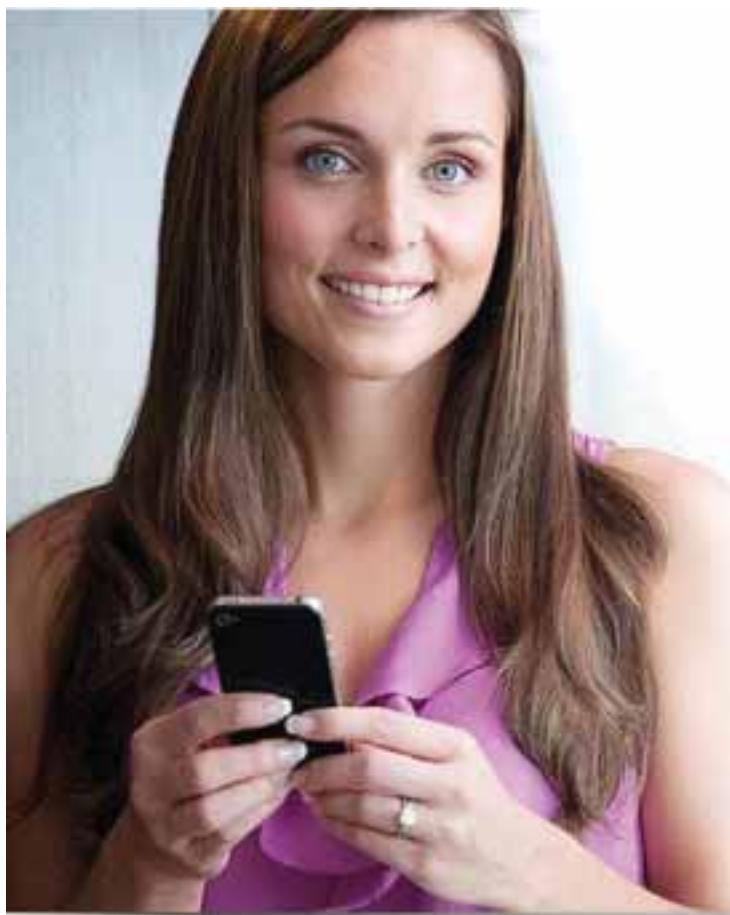
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Security Council. UN condemns Syrian regime for Houla violence

The UN Security Council on Sunday blamed the Syrian government for attacking residential areas of the town of Houla with artillery and tank shelling and also condemned the close-range killings of civilians there — but avoided saying who was responsible for the massacre of more than 100 men, women and children.

The council said in a press statement after an emergency meeting that the "outrageous use of force" against civilians violated international law and Syrian government commitments under previous UN resolutions to stop all violence, including the use of heavy weapons in populated areas. It said "those responsible for acts of violence must be held

accountable."

It demanded that the Syrian government immediately halt the use of heavy weapons and pull its troops out of cities and towns, and it asked UN Secretary-General Ban Ki-moon and the UN observer mission in Syria to continue investigating the attacks in Houla.

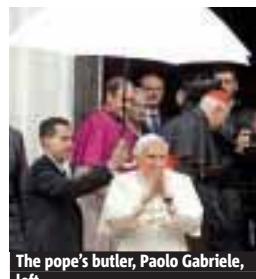
Britain and France had proposed issuing a press statement condemning the attack on civilians and pointing the finger at the Syrian government for Friday's massacre. But Russia called for an emergency council meeting, saying it first wanted a briefing by Gen. Robert Mood, the head of the unarmed UN observer mission.

THE ASSOCIATED PRESS

Leaks. Vatican in chaos after butler's arrest

The Vatican's investigation into the source of leaked documents has yielded its first target, with the arrest of the pope's butler, but the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles and corruption in the highest levels of the Catholic Church governance.

The tumult began with the publication last weekend of a book of leaked Vatican documents and his private secretary. It peaked with the inglorious ouster on Thursday of the president of the Vatican bank. And it concluded with confirmation Saturday that Pope Benedict



The pope's butler, Paolo Gabriele, left. THE ASSOCIATED PRESS

XVI's own butler was the alleged mole feeding documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2. THE ASSOCIATED PRESS

Egypt election

Candidates file voting appeal

Three top candidates in Egypt's presidential race filed appeals to the election commission ahead of the deadline Sunday, alleging violations in the first-round vote that they say could change the outcome. The allegations are likely to enflame an already explosive race. THE ASSOCIATED PRESS

Uranium production

No need to stop enrichment: Iran

Iran's nuclear chief said Sunday there are no reasons at the moment for his country to halt production of uranium enriched to 20 per cent, a key demand of world powers. Abbasi said Iran is planning to build at least two new nuclear power plants next to an existing facility. THE ASSOCIATED PRESS

Grisly scene.

Witnesses horrified as nude attacker mauls man in the middle of a busy downtown causeway

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, chewing on his victim's face as horrified drivers looked on.

Local media reported that gunshots were heard at around 2 p.m. Saturday on the MacArthur Causeway off-ramp.

Witnesses reported seeing a naked man attacking the other man by viciously chewing on his face.

A woman who saw the two men fighting summoned a police officer, who instructed the naked man to back away. When the attacker refused to comply, the officer shot him several times.

Miami police confirmed

the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial Hospital's trauma centre.

He is listed in serious condition but is expected to survive.

Javier Ortiz, a spokes-

Police response

"Based on the information provided, our Miami police officer is a hero and saved a life."

Javier Ortiz, spokesperson for the Fraternal Order of Police in Miami

man for the Fraternal Order of Police in Miami, told The Associated Press that the officer who fired at the suspect "is a hero and saved a life."

METRO

assistant manager of corporate operations at the Jordan Dubai Islamic Bank since March 2010 until she was fired a week ago.

Bank spokeswoman Eman Affaneh confirmed that Salameh was fired because she refused to comply with the terms of her contract.

"We are an Islamic establishment and the dress code is a reflection of our Muslim values," she said.

THE ASSOCIATED PRESS



Pride denied to Russian gay activists

Russian police officers detain a gay-rights activist during an attempt to hold a gay-pride parade in Moscow on Sunday. Russian police have detained around a dozen protesters demanding the right to hold a gay-pride parade in the city. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied.

MIKHAIL METZEL/THE ASSOCIATED PRESS

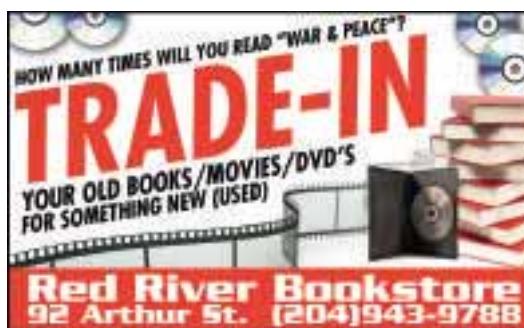
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Jordan

Woman says she was fired for refusing headscarf

A Christian Jordanian woman said Sunday she is suing her Gulf Arab employer for arbitrary dismissal after she refused a new dress code forcing her to cover her head.

Vivian Salameh, 45, was an

Facebook's small investors bitter, divided on next step

Wall Street. In lawsuits, Morgan Stanley is accused of sharing negative analyst report about Facebook with favoured clients

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some select clients of an analyst's negative report about Facebook before its stock began trading May 18.

Michael Hines had felt uneasy about Facebook. He thought the shares were priced too high, and the excitement overblown — especially once the company raised its tar-

get price for the opening two days beforehand. Yet when the chance arose to buy into the company's \$38-US-a-share initial public offering, he seized it.

"I figured: Nothing ventured, nothing gained," said Hines, 61, a retiree and private investor in Boston.

Now, he wishes he'd listened to his misgivings. Instead, Hines watched with dismay as the stock languished on its first day, then slid on its second.

As the lead underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks.

Looking back, some individual investors say they recognize that Facebook's initial \$38 stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in the Standard & Poor's 500 index is far cheaper, about 19 times earnings.

Among those who blame



Television correspondent Sabrina Quagliozi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.

RICHARD DREW/THE ASSOCIATED PRESS

their brokers is Joshua Freeman, who said he bought 200 shares in the IPO after his broker at Morgan Stanley Smith Barney asked if he wanted in. Freeman says he's considering closing his account at Morgan Stanley.

Morgan Stanley disputes the

allegations. "We have clearly put clients' interests first by correcting pricing on some trades that were mispriced because of trading glitches beyond our control," the company said in a statement.

THE ASSOCIATED PRESS

CP Rail. Ottawa to table back-to-work legislation

The Harper government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption.

"With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are looking for in order to intervene," she told CTV's Question Period.

The minister gave notice of intention to intervene

Quoted

"What we're talking about is the prolonged effect of a strike.... That's when you start seeing some really significant effects on the economy."

Labour Minister Lisa Raitt

shortly after Wednesday morning's walkout halted the company's freight-train service across the country, meaning she can table the bill as early as Monday and strikers can be ordered back to work later in the week.

As she did with two previous labour disputes — affecting Air Canada and Canada Post — Raitt cited the damage to Canada's fragile economic recovery for quickly bringing the strikes to an end.

Labour issues such as the back-to-work legislation, along with growing resistance to new employment insurance rules unveiled last week, are likely to dominate the agenda in the House, which resumes Monday after a week's recess.

THE CANADIAN PRESS

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OPENING DATA COULD OPEN OPPORTUNITY



URBAN
COMPASS

Colin Fast
winnipeg@metronews.ca

For a group that's not known for transparency (see last month's water-park debate as an example), Winnipeg city council is poised to take a surprising leap forward with opening up government and getting on board with what's being called "the open-data revolution."

A motion will go before council this week calling for the city to "share with citizens, businesses and other jurisdictions the greatest amount of data possible while respecting privacy and security concerns." This is consistent with a worldwide trend toward governments adopting open-data policies.

So what does "open data" mean, exactly? The basic idea is that most government information should be public information. We've paid for it, and so we deserve to have access to it without jumping through hoops or having to make formal requests.

Within Winnipeg, that means the city could release data sets ranging from the condition of individual trees to program

schedules for recreation facilities, traffic counts, bike-lane locations, maps of water lines, home-assessment values, and 311 call-centre performance.

So what is anyone going to do with details on every single public tree in Winnipeg? Maybe nothing, or maybe some innovative researcher will mash up that information with data about traffic counts, road-cleaning schedules and mosquito-spraying locations and discover a new connection that could save trees and money. That's the real beauty of open data: The possibilities are only limited by the public's imagination.

In other Canadian cities, the release of government data has sparked the creation of numerous mobile apps to provide information on various city services.

In Vancouver, homeowners can use their phones to track the garbage and recycling collection schedule. Commuters in Calgary can see the real-time locations of snowplows so they know which roads have been cleared following a major storm. And in Ottawa, outdoor enthusiasts can easily find tennis courts, baseball diamonds and dog parks.

Winnipeg Transit has actually been an early local adopter of the open-data approach, releasing its detailed scheduling information to the public last year. This has led to the creation of several apps that help transit users plan their routes and track the location of buses.

Improving government transparency, making life easier for city residents, and jump-starting the local app-development industry are just a few benefits of open data, but it's likely that the bigger opportunities won't be known for years.

New York Times technology columnist David Pogue praised the open-data revolution in a blog post last week, pointing out that the Internet and GPS were also exclusive government properties before a decision was made to take them public.

"Nobody could have foreseen where the open Internet and public GPS would have taken us, either," he wrote. "The government said, 'Here's a cool tool. Go for it.'"

Let's hope that city council says the same to Winnipeggers later this week.



A GPS app is used on a mobile device in front of a streetcar in Toronto. Municipal transit services across Canada are turning to apps for mobile devices to make using transit more predictable and user-friendly. DARREN CALABRESE/THE CANADIAN PRESS

Wild horses won't drag him away



MARTIN MEISSNER/THE ASSOCIATED PRESS

Endangered species

Feral herd caught once a year

A man catches a young wild stallion in Duelmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.

THE ASSOCIATED PRESS

Young bucks wrangle young stallions



Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

Protected by a duke

300

More than 300 of the indigenous horses stay free and wild without any care under the protection of the Duke of Croy.



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What's the most overrated burger topping?



@bensigurdson

Just posted a 10.00 km run - Horrible conditions: torrential downpour, then crazy northeast wind.

@BrianTDBowman

On route to Teddy Bear Picnic & rock'n to #Vanhalen's "Somebody get me a doctor!"

@zenbecca

Perhaps it's time to start thinking about the "Teddy Bears' Indoor Restaurant Meal". #soggypicnic

@alysonshane

I love Fleetwood Mac. You can just shut up if you don't

@theCRUMBS

Oh yeah, CRUMBS was voted #1 Comedy in Winnipeg. That means everyone in Slovenia will like us too.

@lancearmstrong

Congratulations to @ryder_hesjedal on his incredible victory in the #giro. Gotta love it when the best man wins.



Rachel Nichols stars in *Continuum*, which premiered on Showcase last night. HANDOUT

Nichols heads into sci-fi territory with *Continuum*

New TV series.

Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination,"

says the actress, whose past credits include *Conan the Barbarian*, *GI Joe: The Rise of Cobra* and *JJ Abrams' Star Trek* reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series *Continuum*, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidentally sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong

suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, *Continuum* is shot in Vancouver, a city that's played host to a bevy of sci-fi shows in the past includ-

TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on *Criminal Minds* and *Alias* as well as landing dramatic roles in *Shop Girl* and *Charlie Wilson's War*.

- But where there was once a stigma against film actors doing television, these days, few people make

ing the *X-Files*, *Stargate SG-1* and *Battlestar Galactica*.

Despite her previous roles, Nichols had never visited the city until this January, but she

thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."

- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

2

SCENE

Box office

Men in Black 3 takes down *Avengers*

The suits have knocked off the superheroes at the box office. *Will Smith and Tommy Lee Jones' sequel Men in Black 3 debuted as the No. 1 movie in the U.S. over the weekend with \$55 million from Friday to Sunday. That bumps Disney's The Avengers into second-place after three blockbuster weekends on top for the superhero sensation. The Avengers took in \$37 million over the three days to push its domestic total to \$14 million and become only the fourth movie ever to top half a billion dollars.*

THE ASSOCIATED PRESS

Actor avoids stereotypes in hockey hit *Goon*

Montreal actor Marc-André Grondin was fortunate enough to land his first English-language role in the gleefully violent hockey hit *Goon*, which pounded down its Hollywood competition to top the Canadian box office upon its release in February.

But given how the Quebecois actor exaggerated his slight accent for the role of the druggy, underachieving sniper Xavier Laflamme, he said the offers haven't exactly been rolling in.

"With the accent I have in the movie, I don't know if I'm going to get more jobs in English," laughed Grondin during

a recent interview in Toronto.

Indeed, the 28-year-old speaks English with far more fluid confidence in person than he does in the film, which cast him as a hot-shot scorer relegated to the minors after his talent dissolved in a haze of drugs, booze and women.

The roommate to the sweetly savage titular character played by Seann William Scott, Laflamme eventually begins to rediscover his scoring touch as their rag-tag squad climbs the standings.

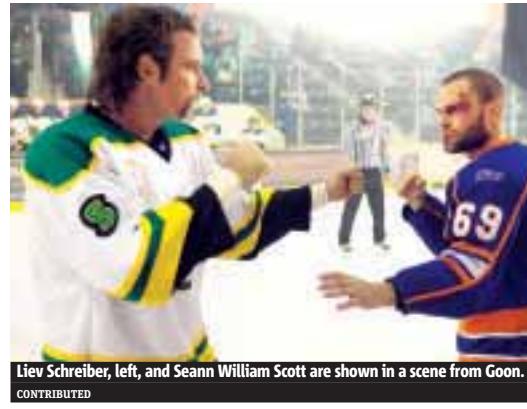
Grondin was already friends with Montreal actor Jay Baruchel — who co-wrote and stars in the film, which will be

released on DVD on Tuesday — prior to landing the role. So he felt comfortable relaying his concerns about an early draft of the script that saddled his character with a few too many Quebec stereotypes.

"I was just like: 'I think we need to tweak it a bit because I really don't want to be the guy who (makes) everyone in Quebec say traitor!'" said Grondin, who starred in 2005's *Genie Award-winning C.R.A.Z.Y.*

"I can laugh at myself, I can laugh at my culture, but ... I didn't want the fact that the character is French-Canadian to be the comic relief."

THE CANADIAN PRESS

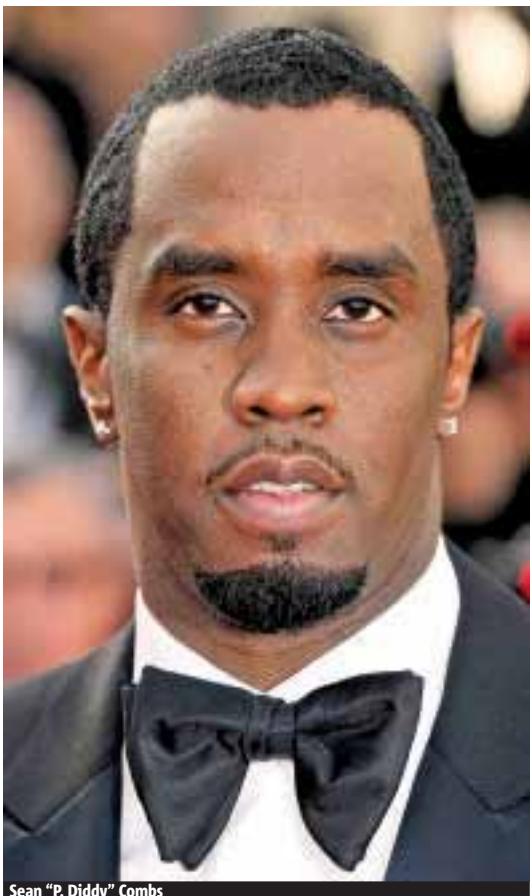


Liev Schreiber, left, and Seann William Scott are shown in a scene from *Goon*. CONTRIBUTED

On the web



After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.



Sean "P. Diddy" Combs

Puff Daddy photographer blows off steam

Sean "P. Diddy" Combs' recent Twitter boasting about his plans to blow \$2 million at a Miami strip club drew the ire of one disgruntled freelance photographer. Rob Hoffman claims he completed a job for Diddy in February but has still not been paid — and he took to Twitter himself to call out the hip-hop mogul. "Infuriating when you fight to get paid by people who are bragging about throwing 2 mil around at a f-ing strip club," Hoffman posted.



Gisele Bundchen

Gisele Bundchen and Tom Brady await baby number two

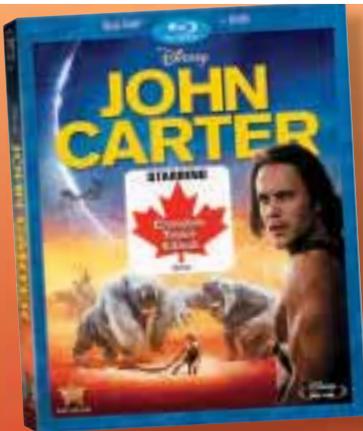
Gisele Bundchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bundchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. An-

Quoted

"I want to have a big family. I love kids."

Gisele Bundchen

other baby would seem about right for the couple, as Bundchen has previously said in interviews, "I want to have a big family. I love kids."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Glee star Cory Monteith takes a stand for at-risk youth

THE WORD

Kate Webb
scene@metronews.ca

Before 30-year-old Victoria native Cory Monteith was belting out ballads on hit TV musical comedy Glee, he was a troubled youth struggling with drug addiction and the issues that often come with a broken home.

These days he's a goodwill ambassador for RE*Generation, an initiative to address youth homelessness supported by Virgin Unite, the charitable arm of Sir Richard Branson's Virgin Group of companies.

Metro sat down with the six-foot-three triple-threat in Vancouver on Friday to talk about how more than \$50,000 in grants from Virgin Unite will help local at-risk youth. The money is going to the Broadway Youth Resource Centre, and a theatre program for youth called Project Limelight.

(Sorry, Glee fans, questions about the show and his budding romance with co-star Lea Michele were strictly off limits!)

M: How did you become an ambassador for RE*Generation?

CM: I started with RE*Generation on behalf of Virgin Unite three years ago in Toronto, something like that, raising awareness of Canada's national youth

homeless problem: how many homeless youth there are in the country. It's such a developed, wealthy nation really, per capita. That shouldn't be a problem.

M: Is that something you saw a lot of growing up on Vancouver Island?

CM: Sure. It's strange to grow up in a place like Victoria. It's beautiful. It's a postcard, with all these tourists coming from all over the world to see this beautiful city, you know, miniature little British town, and you have kids sleeping on the streets and stuff in sleeping bags, in doorways. It doesn't seem congruent, it doesn't work, doesn't seem right, and I think it's systematic. It's not a matter of resources or ability to fix the problem, it's just a matter of finding the people that are actually going to do something about it at a community level."

M: What does Project Limelight mean to you personally?

CM: This is the same woman (Maureen Webb, co-founder of the Project Limelight Society), the same program under a different guise, that started me and sort of ignited my passion for the arts. It's the reason I started acting, so my heart is close to this program because it's inspiring kids to do something different, get involved in their community.

The networking that happens for these kids, they get to all know each other. It's priceless, and it brings people together, and it keeps people out of trouble. It did for me.

CANADIANS CAN DONATE \$5 TO VIRGIN UNITE AND RE*GENERATION BY TEXTING REGEN TO 30333.

Mommy shaming: From 'Tan Mom' to Time mag

Parenting. Is it ever OK to judge mothers in the spotlight?

LINDSAY
CROSS
Mommyish.com

The Olympics are coming this summer. Let me tell you that if "Mommy Shaming" were up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was pretty shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere. I was lucky.

For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

The perfect example might be the story of "Tan Mom," a New Jersey woman who was arrested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snooki. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims that her daughter got burnt playing out in the sun,



This recent Time cover has caused much examination of mommyhood.

and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" and her legal issues are a glowing reminder that we still need to educate people on the dangers of skin cancer. It's a reminder that addiction can take many forms. And it might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh at the crazy lady?

Whatever the questionable parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it. Look at the controversial Time magazine cover.

Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives. For a while it was Tiger Mothering, now it's Attachment Parenting that will get to face scrutiny and contempt.

Let's not even get started on Toddlers & Tiaras. As we've discussed plenty of times at Mommyish (a parenting website), we're firmly against the show that encourages women to sexualize and exploit their daughters on the kiddie pageant circuit.

But does that practice justify the serious hatred and vitriol that these women seem to inspire in people? I'm just not sure anymore.

The fact is, we all seem to feel pretty comfortable passing judgment on parents for big or small offences alike. So often, we see extreme stories like T&T or "Tan Mom" and we don't have a problem pinning on the negativity. Lately, we're allowing that mentality to come out at smaller and



Some moms, like June Cleaver (above) from *Leave it to Beaver* or *Happy Days'* Mrs. Cunningham (below), were considered by some TV viewers as being the perfect mothers. H/O



smaller debates. And we're letting a single facet of a parent's life become the only thing that matters about them and their children.

At Mommyish, a woman was criticized ruthlessly because she didn't know the dangers of organic toothpaste (no fluoride equals cavities for her toddler). And apparently, that single lapse in judgment makes her too "stupid" to adequately raise a child. This mis-

take is so egregious to some that she received the Holy Grail of mommy insults, "I feel sorry for your kids."

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have.

It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set

of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction. Maybe we should step back and ask, "Is this practice actually endangering a child?" Because if the answer is no, hold back on those insults and try discussing your opinions without passing judgment or insulting anyone. The truth is that almost all moms are just trying to do the best they can. We simply all have different ideas of what that is. It doesn't make some right and some wrong, it makes us different. That's OK. We can still support one another.



Pregnancy

Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

Researchers at four Toronto health institutions (Mount Sinai Hospital, Hospital for Sick Kids, St. Michael's Hospital and University of Toronto)

conducted the study in response to a growing trend among medical professionals treating women for gestational diabetes, a temporary form of the disease only contracted during pregnancy.

Scientists monitored 472 women to gauge the effect of maternal weight, blood sugar and lipid levels on the size of a newborn child.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

On the Web



States urged to do better in aiding grandparents, other relatives who fill child-raising void

The fresher the better

Buying into local farmers' produce



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Hello, I've been to many farmers markets but what are community-supported agriculture farms? Jennifer of Edmonton

Community-supported agriculture farms, or CSAs, are similar to your local farmers' market in that they get you one step closer to the farmer who grows your food.

What's different is that you also get closer to the risk involved in growing food. You too will be watching the weather, monitoring the rain gauge and hoping for bumper crops!

Not to be confused with many local and organic buying clubs or home delivery services, a CSA allows you to buy in (with shares) at the start of the growing season.

In turn, you receive your dividends in the form of on-

ions, zucchini, strawberries and more!

As the consumer, you pay a CSA farmer a set fee that allows you to enjoy the farm's bounty with the inherent risk of farming spread across a larger group of people.

Although each CSA is unique, you'll likely get a wide variety of fresh, delicious, and often certified organic produce.

What you won't get is a guaranteed specific amount and list of produce each week.

It's best to contact a CSA in your area to find out how it operates. Sometimes shares are work-free; others require you to help sow seeds, weed and harvest.

Some farms also offer eggs and meat either as part of the share or to be purchased separately.

In Alberta, check out CSAAlberta.com for a list of growers. Other provinces have networks of CSAs as well.

Many deliver to your door or offer drop-off sites from about June to October.

Sign up for a CSA farm to enjoy locally sourced food that's picked at the time of ripening and to support local farmers and sustainable farming practices.

The melt-in-your-mouth goodness of mushrooms



This recipe serves two. NEWS CANADA

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.
2. In cast iron skillet over medium heat, melt butter. Once bubbling, sprinkle in dried chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pepper. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.
3. Divide cheese mix over bottom halves of buns. Sprinkle reserved Parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.
4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.
5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich.

NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRYADY OF SEVEN SPOONS BLOG

Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ¼ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

Mushroom Burger. A burst of flavour



This recipe serves four. NEWS CANADA

1. In a pan, sauté mushrooms and green onions in a drizzle of olive oil. Deglaze with white wine. Once the wine has evaporated, remove the vegetables from heat and let cool. Add salt to taste. Season with salt and pepper to taste.
2. In a bowl, mix ground beef, cooked vegetables, mozzarella cheese and a drizzle of olive oil. Shape the ground beef mixture into balls and flatten them to form hamburger patties.
3. Cut the radicchio in half and brush with olive oil. Sprinkle with salt and pepper to taste.
4. Cook the radicchio on the barbecue for 3 minutes on each side, and the hamburgers 5 minutes on each side, or according to your preference.

NEWS CANADA/SAPUTO

Ingredients

- 7 oz (200 g) white mushrooms, thinly sliced
- 7 green onions, finely chopped
- olive oil, to taste
- 2 tbsp (30 ml) white wine
- salt and freshly ground pepper, to taste
- 2 lbs (1 kg) ground beef
- 8 oz (250 g) Saputo Mozzarella cheese, cut in small cubes
- 1 head radicchio
- 4 to 6 hamburger buns

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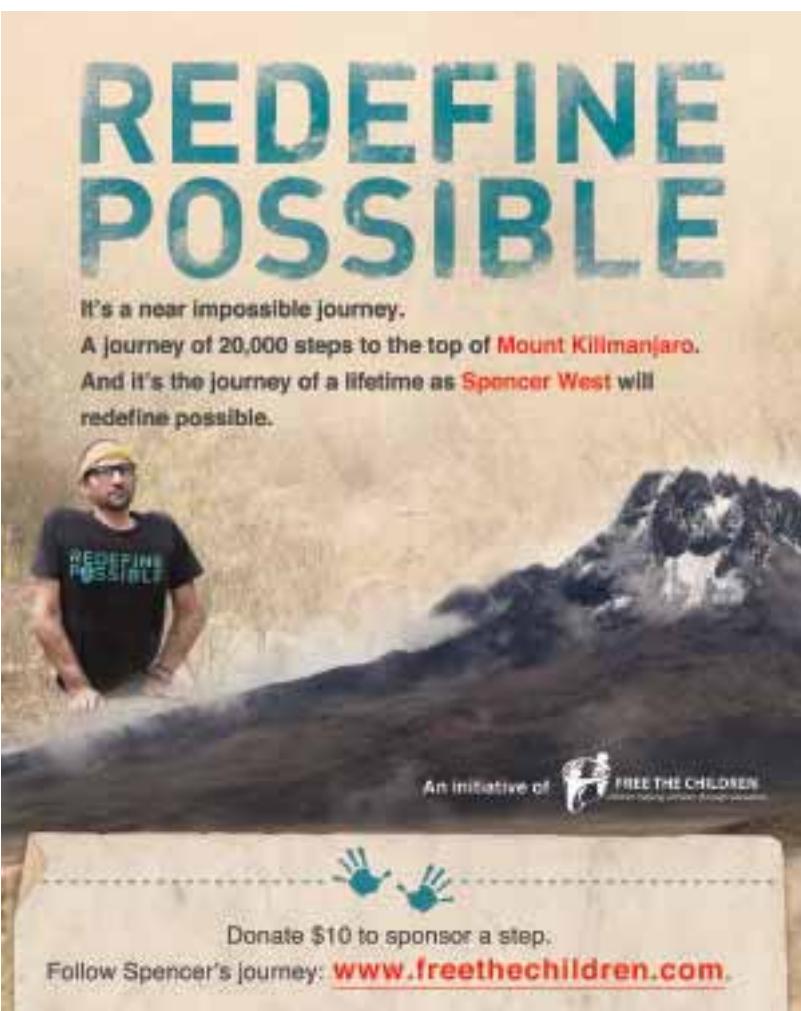
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She's making a list, and marking it 'life'

It's never too late for a turnaround. Leslie Traill is helping those around her reach their full potential



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day." Leslie Traill

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to reinventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You

make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coaching.

"I empower women aged 45 and beyond to live vital,

Game plan

A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.
- Create a team. If you surround yourself with like-minded people it allows you to get over the little humps in life on your way to success.

youthful, healthy and focused lives. Change your mind, change your body, change your life!"



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HEALTH-CARE CAREERS

Monday, May 28, 2012



Explore the many rewarding careers available in the health-care field. THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

Your career checkup

Trends. Chronic diseases and elder care will impact health-care field in the coming years

YLVIA
VAN BUUREN
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's

where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes, heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa. "Today we manage the disease," says Shamian,

"but we're not managing the lifestyle factors that increase the risk of chronic diseases, nor the prevention."

GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly. Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

INTEGRATED CARE

"As people age, they have more than one illness, and often more than one illness active at a time," says Rockwood.

Integrated care will become more important with collaboration between the different health professionals.

HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also because people are discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.

SUPPORT SERVICES

Manpower forecasts an increase in non-clinical jobs in health care such as medical clerks and assistants, bilingual service reps, health and safety co-ordinators, and clinical data managers.

Become part of the NP team

A nurse practitioner just might be the hottest career in health care. These nurses provide primary care that includes health promotion and illness prevention, too — skills that are needed in today's world.

But that's not all.

A nurse practitioner is a registered nurse with additional education and experience, which allows for a broader role than that of a registered nurse. A nurse practitioner can diagnose patients, prescribe most medications and order diagnostics tests such as X-rays and ultrasounds as well as lab work and blood work.

"The nursing perspective and blend that the nurse practitioner can bring is a perfect opportunity to provide improved care, and it also improves access for patients," says Claudio Mariano, president of Nurse Practitioners' Association of Ontario.

"We are responsible for providing clinical care to patients and managing chronic disease like diabetes and high blood pressure and just for providing routine wellness care and health screening in the context of physical examinations and general wellness care and health promotion."

The nurse practitioner is always part of a team, employed in community clinics, health-care centres, doctors' offices, nursing homes and emergency departments of hospitals.

"Nurse practitioners have played a valuable

and essential role in the system for many decades," says Judith Shamian, president, Canadian Nurses Association.

"Given the stress the health-care system is currently under, now is the time to realize just how much more value nurse practitioners can bring to Canadians' health care."

WANT TO BE A NURSE PRACTITIONER?

"I think this role is great for those RNs who feel there are too many restrictions in their role," says Mariano.

"You realize that you could do so much more."

Mariano has been an NP for almost 13 years. She chose the career because it presented many more opportunities, not just to use skills as an RN but also to improve care for patients.

To apply to a nurse practitioner program, you have to be a registered nurse with a four-year undergraduate degree in nursing and a minimum of two years experience as an RN.

There are four NP specialties recognized by the College of Nurses: Primary care (where the majority NPs practice); adult stream (in hospital settings or specialty clinics); paediatric stream (hospital based); and anaesthesia stream.

For more information, contact the college of nurses or the nurse practitioners' association in your province or territory.

YLVIA VAN BUUREN

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Specialize. X-rays and ultrasounds are critical

JON
TATTRIE
For Metro

One was a revolutionary discovery that won the Nobel Prize while the other is a technology born of the Titanic disaster, and both X-rays and ultrasounds are a critical part of Canada's health-care system.

The two fields are related and some technicians are trained to operate both, but most specialize as either a radiological technologist or an ultrasound technician. X-rays primarily deal with people who have been injured, while ultrasounds are largely used to monitor pregnancies.

Julie McHugh is a radiological technologist for Capital Health in Halifax. She mostly works in the operating room, but also covers the emergency room and walk-in clinics. She likes the work variety, but says the round-the-clock shift work can take a toll.

"It is rewarding, but it can be stressful at times because working in the emergency, we do have the trauma situations," she says.

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. They also educate patients about what is happening and ensure they receive the lowest possible amounts of radiation

during the treatment. Most work in hospitals or private clinics.

X-ray technologists must complete a two- or three-year college or hospital program in diagnostic radiography, or have a bachelor of health sciences in the field, plus undergo a period of supervised training. Licensure with a regulatory body is required in all provinces. Certification by the Canadian Association of Medical Radiation Technologists is required in all provinces except Quebec.

Ultrasonography has its roots in the sinking of the Titanic, which compelled scientists to find better ways to detect underwater icebergs. An advanced version of that sonar technology is used today to monitor pregnancies, as well as to diagnose heart problems and brain disorders. Students must complete a three- to four-year university course in sonography and register with the relevant authorities.

Almost all ultrasound technicians work in hospitals, with a few employed by private clinics. Both radiological technologists and ultrasound technicians earn between \$38,000 and \$50,000.

McHugh says as well as having an aptitude for the technical work and a talent for problem solving, the job requires strong people skills to deal with other medical staff and patients.

Broad spectrum of senior care

KELLY
PUTTER
For Metro

If a career in health care sounds appealing, you might want to consider working with the country's growing elderly population.

Expect plenty of jobs as population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years.

"There's no question that services for the aging population will be increasing in demand," says Pat Irwin, president of ElderCareCanada, a firm that consults on services for seniors. "But if you're seeking a career in this area you have to genuinely care for seniors."

Health-care careers for seniors cover a broad spectrum. Some call for minimal formal training, while others require years of post-secondary education. Places of employment include nursing homes, retirement communities, seniors' community centres, public health clinics, hospitals and home care.

Let's consider some careers in elder health care:

- A personal support worker, formerly known as a nurse's



Expect plenty of jobs in senior health care since population predictions show the number of baby boomers hitting retirement age will continue to increase for another 20 years. ALTRENDO IMAGES/STOCKBYTE/THINKSTOCK

aide, assists with bathing, dressing and ensuring medications are taken. The PSW requires six to nine months of training in an accredited facility such as a community college.

- A registered practical nurse (RPN) or licensed practical nurse (LPN) or registered nursing assistant (RNA) do routine medical assessments, such as taking blood pressure

and temperature under the direction of a qualified medical practitioner or RN.

- A registered nurse (RN) and nurse practitioners graduate from a formal program of nursing education. They provide more extensive health care and may dispense medication.

- Occupational therapists assist elderly patients who may have trouble getting around

after a broken hip or a stroke. These professionals are typically educated at a master's degree level.

- A physiotherapist provides physical rehabilitation and pain relief. They assess a patient's physical abilities and needs and develop an individualized treatment plan including therapeutic exercise, manipulations, massage and education. A master's degree is required to practise this profession.

- Speech language pathologists have expertise in assessment and intervention of typical disorders of communication and swallowing. A master's degree or equivalent is the minimum requirement.

- A dietitian is a health-care professional who focuses on proper food and nutrition in order to promote good health for seniors. A bachelor's degree plus an internship is the minimum requirement.

- Geriatric social workers help the elderly deal with their relationships and solve personal and family problems. They try to improve the quality of life for seniors and help alleviate some of the negative aspects of aging. Generally, a master's of social work degree is required.



JOB OPPORTUNITIES For All Healthcare Professionals



Alberta Health Services (AHS) is one of the leading healthcare systems in Canada, responsible for the delivery of healthcare to more than 3.7 million Albertans. We operate more than 400 facilities, including acute care hospitals, cancer treatment centres, community health centres, and mental health & addiction facilities. AHS values the diversity of the people and communities we serve and is committed to attracting, engaging and developing a diverse and inclusive workforce.

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4

SPORTS

UFC
"It's not bad for a nice guy, huh?... Frank Mir is a really good fighter, too. I came here to defend my belt, and I did it."

Heavyweight champion Junior Dos Santos, who picked apart two-time ex-champion Frank Mir with superior boxing throughout their title fight on Saturday in Las Vegas, eventually sending Mir stumbling onto his back before finishing him with one last blow to the head.

NHL playoffs

"It doesn't matter whether it's your first year or your fifth year. So, you don't get picky when these opportunities come along. You enjoy every minute of it, as much as you can, because it's awful tough to get here."

New Jersey Devils head coach Peter DeBoer. The Devils advanced to the Stanley Cup final with a 3-2 overtime win over the New York Rangers in Game 6 of the Eastern Conference final on Friday night in New Jersey.

On the web



Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.



Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia Sunday in Milan. FABIO FERRARI/THE ASSOCIATED PRESS

Hesjedal storms to victory in Italy

Giro d'Italia. 31-year-old is first Canadian to win one of cycling's three major tour races

Canada's Ryder Hesjedal didn't realize history was within his grasp until he was about five kilometres from the Giro d'Italia finish line.

Aware he had a chance to overcome Joaquin Rodriguez's 31-second overall lead in Sunday's final stage, Hesjedal broke out onto the streets of Milan determined to keep victory from slipping away.

Only near the end did he find out he would become the first Canadian to win one of cycling's three major tour

races.

"Nothing anyone could have said to me could have changed how hard I rode," he said.

Hesjedal took 34 minutes 15 seconds to complete Sunday's 28.2-kilometre individual time trial in sixth — 20 places ahead of his Spanish rival. His 16-second margin of victory was the second closest in Giro history.

"It's just been an unreal experience from Day 1, what the team was able to do. It's unbelievable," said the Victoria native, who finished the race in 91 hours 39 minutes two seconds. "This is incredible. It's a dream come true."

Like the rest of the riders, Hesjedal had been through a demanding mountain ride to

Bright future

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and hopefully inspires the next generation of Canadian cyclists.

• "I think Canadian cycling is at the highest level it's ever been and I think this will just continue that movement," he said. METRO

the top of the Stelvio Pass in northern Italy on Saturday.

"Yesterday was extremely hard," he said. "I got through it and I knew as I was on the helicopter descending into Milan that I still had a shot. This morn-

ning I just felt incredible on my bike and I knew I could do it."

Though he hadn't taken his victory chances seriously before the race, Hesjedal's thinking started to change after he first wore the overall leader's pink jersey in Stage 7.

"The day I pulled on the jersey for the first time, I knew I was good and could accomplish something great and that drove me harder."

Prime Minister Stephen Harper was among the Canadians celebrating.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement.

THE CANADIAN PRESS

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Golf

Donald overtakes McIlroy with win

Luke Donald replaced Rory McIlroy at the top of the world rankings for the third time in 10 weeks by retaining the BMW PGA Championship title on Sunday, boosting his hopes of finally ending his major drought this summer.

Displaying his trademark consistency on the greens and from the tee, Donald cantered to a four-stroke victory at the biggest event on the European Tour by shooting a 4-under 68 — his fourth straight round under 70 — to finish on 15 under par at Wentworth. THE ASSOCIATED PRESS



Luke Donald lifts the trophy in Virginia Water, England, on Sunday. THE ASSOCIATED PRESS

MLB

Jays' trip to Texas ends in defeat

Adrian Beltre homered during a seven-run second inning, Yu Darvish posted his seventh victory and the Texas Rangers defeated the Toronto Blue Jays 12-6 Sunday for a three-game sweep.

The AL West leaders outscored the Blue Jays 34-16 in the series, extending Toronto's losing streak to five games. J.P. Arencibia hit two solo home runs for the Blue Jays.

THE ASSOCIATED PRESS

NEED COOL DESIGN TIPS?

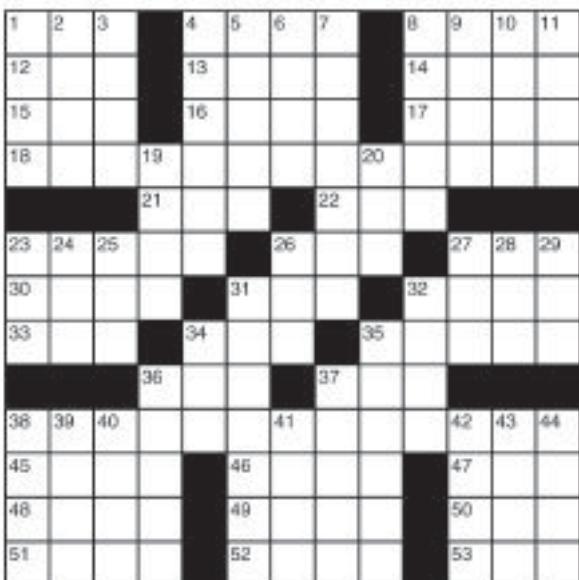
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Crossword

Across
1 Throttle
4 Urban fleet
8 Fellow
12 Carte lead-in
13 Make eyes at
14 Late-night talker
15 Scale member
16 Disposition
17 Table scraps
18 1978 Warren Beatty movie
21 Nevada city
22 Heavy weight
23 Mawkishly old-fashioned
26 A handful
27 Dracula, at times
30 Saharan
31 Massachusetts cape
32 Dog sledder's "giddyap"
33 Cribbage scorer
34 Carton
35 Emptily talkative
36 Get dressed in
37 Writer Fleming
38 1980 Chevy Chase movie
45 Peregrinate
46 Sandwich treat
47 Sapporo sash
48 Unaccompanied
49 Kennel cries
50 Supporting
51 Tournament format
52 Meyers of SNL

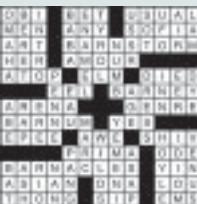
Down
1 Long cut
2 Shaving-cream additive
3 Festive
4 Beautiful
5 Great pain
6 United nations
7 Tranquilized
8 Circus performer
9 Zeus' sister
10 Con
11 Mail
19 Hawk
20 Promptly
23 Upper limit
24 Raw rock
25 Predetermine the outcome
26 "The Simpsons" network
27 Clear the tables
28 Donkey
29 Biblical possessive
31 Protective escorts
32 Opposite of 26-Across
34 Downy accessory
35 Winter boot
36 Minion of Satan
37 Clumsy / 38 Roughly
39 Basketball goal



40 Gilligan's Island cast member
41 Pennsylvania port

42 Opposite of 36-Across
43 Reed instrument
44 Encircle

Friday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YHKZ COY
KG MCGGUIL GDI OSIWISSLY
YQZ GW KCI AIR, AGIEY
HK O H M R U Q K Z S Y Q Z ?
Yesterday's Cryptoquip: If you're cheering for a man who's playing tug of war, could you say that's pulling for him?
Today's Cryptoquip Clue: G equals O

Horoscope

Aries | March 21 - April 20.
Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

Taurus | April 21 - May 21.
Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

Gemini | May 22 - June 20.
The stars suggest that something special is on the way.

Cancer | June 21 - July 22.
Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

Leo | July 23 - Aug. 22.
Your

path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

Virgo | Aug. 23 - Sept. 22.
It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

Libra | Sept. 23 - Oct. 22.
Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

Scorpio | Oct. 23 - Nov. 21.
A problem that has been nagging away at you in recent weeks can be dealt with directly now.

Sagittarius | Nov. 22 - Dec. 21.
Your challenge this week is to

work with other people without letting their little ways irritate you — too much.

Capricorn | Dec. 22 - Jan. 20.
Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

Aquarius | Jan. 21 - Feb. 18.
Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

Pisces | Feb. 19 - March 20.
You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

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Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



For today's crossword answers and for expanded horoscopes, go to metronews.ca



MONDAY



MAX: 15°
MIN: 11°

TUESDAY



MAX: 12°
MIN: 6°

WEDNESDAY



MAX: 16°
MIN: 0°



JENNA KHAN
WEATHER SPECIALIST

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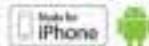
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Maria

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

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